



Friendship Heights

VILLAGE NEWS

AUGUST 2017

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www.friendshipheightsmd.gov

301-656-2797



Fall trip to Broadway and the Brandywine Valley, page 5



Tour the National Gallery's East Building

Experience the new, revamped spaces of the National Gallery's East Building on a tour **Thursday, Sept. 14** with art historian and guide Joan Hart. See the works of Monet, Matisse, Picasso, Kandinsky, Dali, Pollock, Warhol, plus late 20th and early 21st century artists. Also explore the towers and rooftop terrace displays of innovative special exhibitions, culminating with Matisse's monumental mural of colorful cut-outs, "Large Decoration With Masks."

Following our tour, you'll have time to see anything we missed and

for lunch in one of the cafés (on your own). There will be time also for exploring the West Building of the NGA before heading home at 2 p.m.

We will leave the Village Center at 9:45 a.m. The cost of the trip is \$40, which includes the tour, transportation and driver gratuity. Residents and nonresidents may sign up immediately. There are 30 spaces available.

Be sure to attend Ms. Hart's lecture at the Village Center on Sept. 7 (see page 2 for details.)

Protect yourself and fight the flu!

The MedStar Health Visiting Nurses Association will administer flu shots at the Village Center on Wednesday, **Sept. 27, from 1 to 4 p.m.** to anyone nine years old and older.

The flu vaccine will protect against three different flu viruses: an H3N2 virus, a B virus and the H1N1 virus. The high-dose version for people 65 and older (Fluzone HD) will be offered

again and is covered by Medicare. This dosage has four times the amount of flu virus antigens to give more protection and build greater immunity. Standard flu shots, of course, are available. Pneumonia shots will also be available. *Please specify at sign-up if you want the Fluzone HD or standard (ask your doctor if you have questions about the high-dose vaccine before you*

Fun and sun and shopping in Rehoboth Beach

Come with us and enjoy the beautiful Delaware seashore when we visit Rehoboth Beach on **Thursday, Aug. 24.**

We'll depart from the Village Center at 8 a.m. and should return by 8 p.m.

Rehoboth Beach offers sand, surf, delicious seafood, and tax-free shopping at numerous outlet stores.

We'll drop you off at the beach, at the outlets or both. Lunch is on your own at any of the restaurants along the beach or Rehoboth Avenue. Shopping options abound at the outlets or in specialty boutiques and souvenir shops near the beach.

The cost of the trip is \$68 and includes round-trip transportation. Sign-ups begin immediately at the Village Center. Children over the age of 5 are welcome, but must be accompanied by an adult.

There are 32 spaces available.

sign up).

There is no charge for individuals with Medicare Part B as their primary insurance (not PPO, HMO or Medicare Advantage) - but you must bring your card.

The self-pay cost is \$30 for the standard shot (cash or check payable to MedStar VNA Healthcare). Fluzone

Continued on page 13, see Flu Shots

East Building Talk, see page 2

National Gallery's East Building Talk and Tour


The National Gallery of Art's East Building reopened last September after a three-year, \$69 million renovation. Art historian Joan Hart will present a lecture on the exciting new exhibition spaces at the Village Center on **Thursday, Sept. 7, at 1 p.m.** The following week, on Thursday, Sept. 14, she will lead a tour of the East Building (see page 1 for details).


I.M. Pei's East Building, which opened in 1978 and houses the museum's modern art collection, unveiled more than 150 new works of art and 12,250 square feet of space a year ago. Pei's iconic building, with its dramatic angles and sleek lines, has been updated with subtle additions that emphasize the artwork. A former colleague of Pei, Perry I. Chin, undertook the monumental task of expanding the building while honoring Pei's original design and

footprint.

Joan Hart will provide an introduction to the comprehensive collection, taking an artistic journey beginning with the late paintings of Impressionist Monet and ending with the Conceptual creations of current artists. Learn about the major stylistic art movements of the 20th and 21st centuries as well as the artists who participated in them: Picasso and Cubism, Magritte and Surrealism, Jackson Pollock and Abstract Expressionism, Rothko and Color Field painters, among others.

Ms. Hart is executive director of Museum One, Inc., an arts outreach service, and teaches at various community sites in the area. After the program please stay for tea; call 301-656-2797 to reserve a seat.

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Friendship Heights VILLAGE NEWS

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The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the September issue is August 1. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Village Council Update

Mayor honored at July 4 ceremony

Mayor Melanie White was recognized by the Village Council for her 30 years of volunteer service to the Village at our July 4 festivities. Melanie began volunteering when the Center opened in 1986 and has served on



Mayor White was honored by Maryland District 16 legislators Delegate Bill Frick, Delegate Marc Korman, and Senator Susan Lee.



Mayor White was also honored by County Executive Ike Leggett and Council members Roger Berliner, George Leventhal, and Marc Elrich. the Council since 1993 and as mayor beginning in 2001. In 2013 she was inducted into the Maryland Municipal League Hall of Fame.

Also honored were Village residents Eleanor Nieman and Barbara Turlington for their volunteer service. The Elizabeth Scull Outstanding Community Service Award was presented to our Maryland Delegates from District 16—Bill Frick, Ariana Kelly, and Marc Korman.

State will remove pedestrian obstacles on Wisconsin/Willard Avenue sidewalk

The elevated structures that the State Highway Administration (SHA) recently installed at the corner of Wisconsin Avenue and Willard Avenue have generated numerous complaints. The structures were intended to



This structure on the sidewalk by Chico's will be removed.

direct pedestrians to the appropriate crosswalks, but instead have become tripping hazards.

Following a discussion at the Friendship Heights Transportation Management District Advisory Committee, and with the assistance of Village resident Barbara Tauben and Maryland Delegate Marc Korman, SHA has agreed to remove the structures and replace them with a sloped ramp, similar to intersections within the Village.

Council discusses County bicycle plan

At the July 10 Council meeting, David Anspacher, bicycle plan project manager with the County, gave a brief presentation about the proposed plan to establish a network of bicycle routes throughout the County. Council members and residents expressed concern about the possibility of dedicated bike lanes being added to North Park Avenue, Friendship Boulevard, Page Park, Somerset Terrace and Willard Avenue. You can view the plan and provide feedback at www.mcatlas.org/bikereact.

Council resolution on possible development at 5500 Friendship Boulevard

The resolution unanimously adopted by the Council at the June 12 meeting is now on our website, www.friendshipheightsmd.gov. Click on What's New from the home page and you will see the link. The full text of the resolution was printed on page three of the July newsletter (also available on the website). The Citizens Coordinating Committee on Friendship Heights passed a similar resolution at its meeting on June 21.

Other Council actions at the July 10 meeting:

- Approved proposal from Chamberlain Contractors for sidewalk replacement for a total cost of \$6,800;
- Renewed membership in Maryland Municipal League for a total cost of \$8,472.

There will be no Council meeting in August. The next meeting will be Monday, September 11, at 7:30 p.m. in the Village Center. The meeting is open to the public.



A bicycle journey through Eastern Europe

Barry Wood, a foreign correspondent and economics journalist, will discuss his book, "Exploring New Europe: A Bicycle Journey," at the Village Center on **Thursday, Aug. 3, at 7:30 p.m.**

Mr. Wood traveled 2,500 miles by bicycle in seven trips, from the top to the bottom of Eastern Europe, from Tallinn, Estonia, to Tirana, Albania. He met people along the way who shared stories of their life under communism and the challenging changes that followed.

Copies of the book will be available to purchase. Please let us know if you plan to attend by calling 301-656-2797.

Tea and talk: Surprising tales from behind the circulation desk

Who knew there was even such a thing as library humor? Mild-mannered librarian and humorist Roz Warren will present an entertaining program at the Village Center on **Monday, Sept. 25, at 2 p.m.**

Ms. Warren writes for the *Funny Times*, the *New York Times*, the *Philadelphia Inquirer*, the *Christian Science Monitor*, the *Jewish Forward*, *Reader's Digest* and the *Huffington Post*, and has been featured on both the *Today Show* and *Morning Edition*. She is the editor of the ground-breaking "Women's Glib" humor collections, including "Men Are From Detroit, Women Are From Paris." She is the author of 14 books, including "Our Bodies, Our Shelves" and "Just Another Day At Your Local Public Library." Copies of her books will be available for purchase.

After the program, please stay for tea. RSVP by 301-656-2797.

Canasta anyone?

If you are interested in a regular weekly game of Canasta at the Village Center, please call Len or Harriet Belkin in the Willoughby at 301-951-8549.

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ON THE GO...

Explore the land of du Ponts and the bright lights of Broadway

A few spaces are still available for our autumn excursion to visit the beautiful Brandywine Valley and see the Broadway musical "War Paint" on **Tuesday, Oct. 10, and Wednesday, Oct. 11.**

We'll depart from the Village Center at 7:30 a.m., and drive to Wilmington, Del., for a tour and lunch at the Hagley Museum, the site of the gunpowder works founded by E. I. du Pont in 1802. This example of early American industry includes restored mills, a workers' community, and the ancestral home and gardens of the du Pont family.

Our next stop is another du Pont property: Winterthur, an extraordinary home filled with early American decorative arts and surrounded by beautiful gardens. During our visit, we'll tour the house and see the special exhibit "Treasures on Trial."

Our home for the night is the Hotel duPont, where

we'll enjoy a sumptuous three-course dinner that night, deluxe accommodations and a full breakfast the following morning.

Then we're off to New York City in time for lunch on your own before enjoying orchestra seats for "War Paint," the spectacular musical about cosmetic rivals Helena Rubinstein and Elizabeth Arden. The show features dazzling costumes, sparkling sets and the musical talents of Patti LuPone and Christine Ebersole.

The cost of the trip, which includes round-trip transportation, overnight accommodations, one breakfast, one lunch, one dinner, tours and all taxes and gratuities, is \$599 per person based on double occupancy. The single supplement is \$140. A deposit of \$300, refundable until Aug. 7, plus single supplement is due at sign up. The balance is due Sept. 7. Sign up immediately at the Village Center. For details, call 301-656-2797.



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

Thursday, Aug. 3, 7:30 p.m. — Lecture with Barry Wood— see page 4 for details.

Thursday, Aug. 10, 7 p.m. — Movie —“Going In Style”— Lifelong buddies Willie, Joe and Albert decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money. Rated PG-13. Running Time: 96 minutes.

Thursday, Aug. 17, 7 p.m. — Movie—“Boss Baby”—A new baby’s arrival impacts a family, told from the point of view of a delightfully unreliable narrator — a wildly imaginative 7-year-old named Tim. The most unusual Boss Baby arrives at Tim’s home in a taxi, wearing a suit and carrying a briefcase. The instant sibling rivalry must soon be put aside when Tim discovers that Boss Baby is

actually a spy on a secret mission, and only he can help thwart a dastardly plot. Stars the voice of Alec Baldwin. Rated PG. Running Time: 97 minutes.

Thursday, Aug. 24, 7 p.m. — Movie — “The Lovers”— A man and his wife, each embroiled in an extramarital affair, are sent reeling when they suddenly fall for the least likely person imaginable — each other. Stars Debra Winger and Tracy Letts. Rated R. Running Time: 94 minutes.

Thursday, Aug. 31, 7 p.m. — Movie — “The Zookeeper’s Wife” — The time is 1939 and the place is Poland, homeland of Antonina Zabinski and her husband, Dr. Jan Zabinski. The Warsaw Zoo flourishes under Jan’s stewardship and Antonina’s care. When their country is invaded by the Nazis, the Zabinskis covertly begin working with the Resistance and put into action plans to save the lives of hundreds from the Warsaw Ghetto. Rated PG-13. Running Time: 125 minutes.

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ART and CULTURE



"Gradient 9" by Daniel Brookings



"Twilight Pow Wow" by Nanno G. Lee

Abstract art in the Friendship Gallery in August

This month's exhibit in the Friendship Gallery features abstract artists of every medium who have briefly departed from strict representational art and explored more conceptual directions. Exhibit curator Lew Berry said, "The artists in the August Abstract Art Exhibit are allowing their hands and emotions to flow freely, and the result is astounding art that is exciting and singularly compelling during this hot and humid summer month."

The exhibit runs from Aug. 1 to Sept. 2. Meet the artists

at a reception on **Sunday, Aug. 13, from 11:30 a.m.**

to 1:30 p.m. All are invited to attend. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



Above, from left to right Maryland Delegates William Frick and Marc Korman, and State Senator Susan Lee pose with Village resident Barbara Turlington. At right, Mayor Melanie Rose White (left) poses with Village resident Eleanor Nieman during our July 4th celebration.

Ms. Turlington and Ms. Nieman received certificates of appreciation, and the delegates were given the Elizabeth Scull Award for outstanding community service.



Friendship Heights Village Center



Calendar of Events 2017

| AUGUST | | | | | | |
|---|--|--|---|--|---|---|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | 1 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates | 2 12 p.m.: Chess Group 7 p.m.: Concert: Jesse Palidofsky | 3 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Exploring Eastern Europe with Barry Wood | 4 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting | 5 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography |
| 6 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 7 9:30 a.m.: Tai Chi 10 a.m.: Great Books 12:30 p.m.: Bridge Club 5:30 p.m.: Community Advisory Committee Meeting - Open to the Public | 8 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates | 9 12 p.m.: Chess Group 1 p.m.: Suburban Lecture on Acupuncture 7 p.m.: Concert: MoSoundz Revue Band | 10 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Going in Style | 11 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting | 12 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography |
| 13 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception | 14 10 a.m.: Great Books 12:30 p.m.: Bridge Club | 15 8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates | 16 12 p.m.: Chess Group 7 p.m.: Concert: Karen Lovejoy Tribute to The Beatles | 17 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Boss Baby | 18 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory (make-up class) 1 p.m.: Abstract Painting | 19 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography |

20

9:30 a.m. – 1:30 p.m.: Coffee
and Sunday Papers

21

**10 a.m. – 2 p.m.: MVA
Mobile Office**

10 a.m.: Great Books
12:30 p.m.: Bridge Club
7 p.m.: Café Muse

22

8:15 a.m.: Walking Club
12 – 4 p.m.: Blood Pressure
Screening
2 – 4 p.m.: Nurse Specialist
3 – 4 p.m.: Tea

23

12 p.m.: Chess group
**7 p.m.: Concert:
Mountain Fever Band**

24

**8 a.m.: Depart for
Rehoboth**
8:15 a.m.: Walking Club
11 a.m. – 4 p.m.: Village
Playtime
**7 p.m.: Movie: The
Lovers**

25

9:15 a.m.: Drop-in Tai Chi
10:30 a.m.: Coffee and
Current Events

26

8:15 a.m.: Walking Club
9 a.m. – 1 p.m.: Twin
Springs
10:30 a.m.: Basic
Photography

27

9:30 a.m. – 1:30 p.m.: Coffee
and Sunday Papers

28

9:30 a.m.: Tai Chi
10 a.m.: Great Books
12:30 p.m.: Bridge Club

29

8:15 a.m.: Walking Club
12 – 4 p.m.: Blood Pressure
Screening
2 – 4 p.m.: Nurse Specialist
3 – 4 p.m.: Tea

30

12 p.m.: Chess Group
**7 p.m.: Concert:
Mariachis de Los
Compadres**

31

8:15 a.m.: Walking Club
11 a.m. – 4 p.m.: Village
Playtime
**7 p.m.: Movie: The
Zookeeper's Wife**



Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

Friendship Heights Neighbors Network (FHNN) August 2017 events

The Network has LAUNCHED! The FHNN will be listing in this newsletter only events that are open to the Friendship Heights public (non-member donation requested).

Movie afternoon at The Elizabeth Party Room at 4 p.m. on August 29. Movie to be determined by vote of those who RSVP to information.fhnn@gmail.com by August 11. For more information, including member events, go to www.fhneighbors.org.



CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART

ABSTRACT PAINTING

A 10-week course taught by Joan Samworth, Fridays, 1 to 4 p.m., Sept. 15 – Dec. 1. Bring your existing materials and paper or canvas to first class. For those who have previously taken this class; others may call Joan at 301-346-7238 to discuss. Maximum number is 10. The cost is \$200 for residents; \$215 for nonresidents. Class will not meet Nov. 10 or 24.

STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11a.m. — 2:30 p.m., Sept. 14 – Nov. 16. \$200 for residents; \$215 for nonresidents. Maximum number is 14. Participants will provide their own subject matter. Please bring a sketchbook for mixed media (paper over 90 lbs.) The sketchbook will be an integral part of the class. Joan will present various materials, techniques and ideas to inspire original work by each participant.

ACRYLIC OR OIL PAINTING

A 10-week course for all skill levels, taught by Doris Haskell, Thursdays, 6:45 to 8:45 p.m., Sept. 7 – Nov. 9. \$60 for residents; \$80 for nonresidents.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Sept. 13 – Oct. 18. Ms. Winter, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students at the Center. Using photographs and beginning with the eyes, the class will

hone the skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays from 10:30 a.m. to 1:30 p.m., Sept. 9 – Oct. 28, \$120. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>.

BASIC PHOTOGRAPHY FOR CHILDREN

A 6-week course in black and white and color photography, taught by Llewellyn Berry, Saturdays from 9:30 to 10:30 a.m., Sept. 9 – Oct. 21, \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Students must have a digital camera and a flash drive. Class will not meet Oct. 7.

EXERCISE

BALANCE AND FALL PREVENTION (new name!)

A 6-week class, Tuesdays, 1 to 1:50

p.m., Sept. 5 – Oct. 10. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Sept. 8 – Oct. 13. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents.

CHAIR EXERCISE

A 6-week class, Wednesdays, from 11 to 11:50 a.m., Sept. 6 – Oct. 11. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

DC TAI CHI INTRODUCTION

A 6-week class, Mondays, 9:30–10:30 a.m., Sept. 11 – Oct. 16. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for more information.

DC TAI CHI ONGOING COURSE

A 6-week class, Wednesdays, 9:30–10:30 a.m., Sept. 13 – Oct. 18. Taught

by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for more information.

MAT PILATES

A 6-week session, Tuesdays from 6:30 to 7:30 p.m. (*Note change in start time), Sept. 12 to Oct. 17. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., Sept. 11 – Oct. 16. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents.

YOGA

An 11-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV’s Cherryblossom Yoga. Sundays from 9:10 to 10:30 a.m., Sept. 10 – Dec. 10. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for 2 hours before class. \$150 for residents; \$160 for nonresidents. Class will not meet Oct. 1, 8, or Nov. 26.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented on Wednesday evenings. Check the calendar and concert page for each week’s performance information. No registration is required. All are welcome.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

County residents looking for help in understanding Medicare can call the local State Health Insurance Program (SHIP) at its new home and new number, 301-255-4250. The free service provides Medicare beneficiaries of any age unbiased information about their health insurance benefits, guidance

and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson’s or dementia, who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies, assorted pastries, and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

VILLAGE PLAY TIME

Children are welcome to play together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caretaker or family member over age 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

CONCERTS

Concerts are held every Wednesday from 7 to 8 p.m. in the park in front of the Village Center. In the event of inclement weather, the performance will be moved indoors to Huntley Hall in the Village Center.

Wednesday, Aug. 2 — Jesse Palidofsky— Folk singer Jesse Palidofsky has performed his original songs at the Washington Folk Festival, at the National Theatre and on the Sloop Clearwater with Pete Seeger. Jesse's music has received radio airplay on numerous public radio stations throughout the U.S. and in Germany.

Wednesday, Aug. 9 — The MoSoundz Revue Band— The MoSoundz Revue Band, featuring Leigh Goodwin, offers an exciting mix of jazz, oldies, R&B, and Motown,

Wednesday, Aug. 16 — Karen Lovejoy Tribute to the Beatles— The winner of numerous jazz and blues awards, Lovejoy presents a tribute to one of the greatest bands of our time.

Wednesday, Aug. 23—Mountain Fever Band — Frank Cassel has been a performing musician, songwriter, and teacher in the Washington, D.C area for many years. He plays guitar, flute and 5-string banjo professionally, specializing in folk, bluegrass and original music. He is well-known in the area as an entertaining and engaging performer.

Wednesday, Aug. 30—Mariachis de Los Compadres — Susan Jones and her talented group take you South of the Border with renditions of Mexican favorites. Dressed in authentic costumes, the band plays traditional instruments including, the vihuela, guitarrón, trumpet, guitar, and violin.



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Medicine/Foot Surgery Early Morning Hours

A Note from the Program Directors

As a courtesy to our speakers, authors and performers—

- Turn off cell phones
- Do not take food or drink into the auditorium
- Arrive on time for all events
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.



TO YOUR HEALTH

Moving the needle with acupuncture

Acupuncturist Jonathan Gilbert will examine the use of acupuncture in the modern health care setting at this month's Suburban health lecture at the Village Center on **Wednesday, Aug. 9, at 1 p.m.**

Over the past 30 years, a detailed examination of the usefulness of acupuncture has been the focus of clinical research. The results of that work has seen the practice move from being considered folk medicine to becoming an integrated part of many modern medical systems.

Please call 301-656-2797 to let us know if you plan to attend.

Flu Shots, continued from page 1

HD is \$65 for individuals without Medicare Part B. Pneumonia vaccine is \$100 for Pneumovax and \$200 for Prevnar without Medicare Part B. Check with your doctor about what you need.

VNA does not accept Medicaid or any commercial insurance plans.

Registration is a must. Call 301-656-2797 to register. Village residents may register immediately; nonresidents may sign up Aug. 15. **You must have an appointment to receive a shot.**

The Vision Support Group is taking a summer break.

The Village Book Club will meet on **Tuesday, Aug. 15, at 11 a.m.**

The book selection is "The Handmaid's Tale" by Margaret Atwood. Look for a copy in the Center Reading Room on the shelf marked "Village Book Club Selections."

Our Listings in the Friendship Heights Community

FOR SALE

5600 Wisconsin Ave. #1603
\$2,775,000: 2 BR + Den, 2.5 BA,
Updated, 2 Balconies; 2,899 SqFt

5600 Wisconsin Ave. #603
\$2,249,000: 2 BR + Den, 2.5 BA,
Views, 2 Balconies; 2,899 SqFt

5610 Wisconsin Ave. #1102
\$2,495,000: 2 BR + Den, 2.5 BA,
Renovated, Balcony; 2,503 SqFt

5610 Wisconsin Ave. #607
\$2,399,000: 2 BR + Den, 2.5 BA,
Updated, 2 Balconies; 2,856 SqFt

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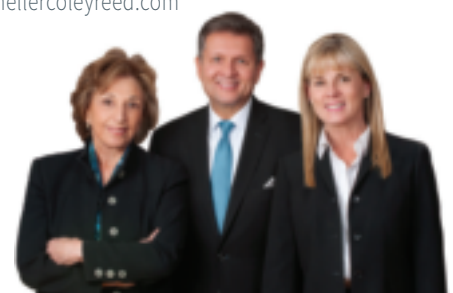


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Café Muse presents...

This month's Café Muse, on **Monday, Aug. 21**, will feature the group's third annual reading of literary translations. The evening will be hosted by D.C. Area Literary Translators Network (DC-ALT) advisory board member Katherine E. Young and feature translators Lara Vergnaud (translating Ahmed Bounani), and Mary-Sherman Willis, (translating Jean Cocteau). DC-ALT's mission is to foster a community of literary translators and to promote the art of literary translation in the greater Washington, D.C. area. Both translators are translating from French into English.

Lara Vergnaud is an editor and literary translator who has translated works from the French by authors such as Mohand Fellag, Joy Sorman, Marie-Monique Robin, and Scholastique Mukasonga. She received a 2013 PEN/Heim Translation Grant and is currently long listed for the 2017 National Translation Award for her translation of Zahia Rahmani's "France, story of a childhood." She received a 2015 French Voices award for her translation of Danielle Michel-Chich's "Letter to Zohra D" (in progress). She will read from her recent translation of "The Hospital" by Ahmed Bouanani.

Mary-Sherman Willis's most recent book is her translation of Jean Cocteau's "Appogiatures." Books of her poems include "Graffiti Calculus" and "Caveboy." A graduate of the Warren Wilson MFA Program for Writers,

she serves on the board of the O.B. Hardison Poetry Series at the Folger Shakespeare Library and has taught creative writing at George Washington University.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m. Café Muse is presented by the Village of Friendship Heights and The Word Works, a nonprofit literary organization. For more information, visit www.wordworksdcc.com.

Paid for by RSH Development, developer of 5550 Friendship Blvd.

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Artful ways to spend summer days!

Children enjoyed a variety of art projects, including photography, watercolor, Chinese brush painting, origami, clay, stone sculpture, pastels, jewelry making and more during our week-long camp in June at the Village Center.



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August 2017 events calendar